



by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 31  
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New Book just published

# Is anger a part of yoga?

Anger is not necessarily a pose you do in yoga, but it is a recognized emotion in yoga philosophy. Yoga teaches us to be aware of our emotions, including anger, and to deal with them in a healthy way.

The yoga tradition acknowledges that anger is a natural human emotion. However, it emphasizes the importance of not letting anger control you. ***Yoga teaches techniques for managing anger, such as deep breathing and meditation.*** These techniques can help you to calm down and respond to situations in a more constructive way.

Yoga and meditation can be powerful tools for managing anger by working on both the physical and mental aspects of this emotion. Here's how:

## Physical Release:

- **Reduced Tension:** Anger often manifests as physical tension in the body, especially in the shoulders, jaw, and chest. Yoga poses can help release this tension through focused stretches and breathwork. Certain poses, like forward folds, can be particularly helpful.
- **Nervous System Balance:** Anger triggers the fight-or-flight response, activating your sympathetic nervous system. Yoga incorporates deep breathing exercises (pranayama) that stimulate the parasympathetic

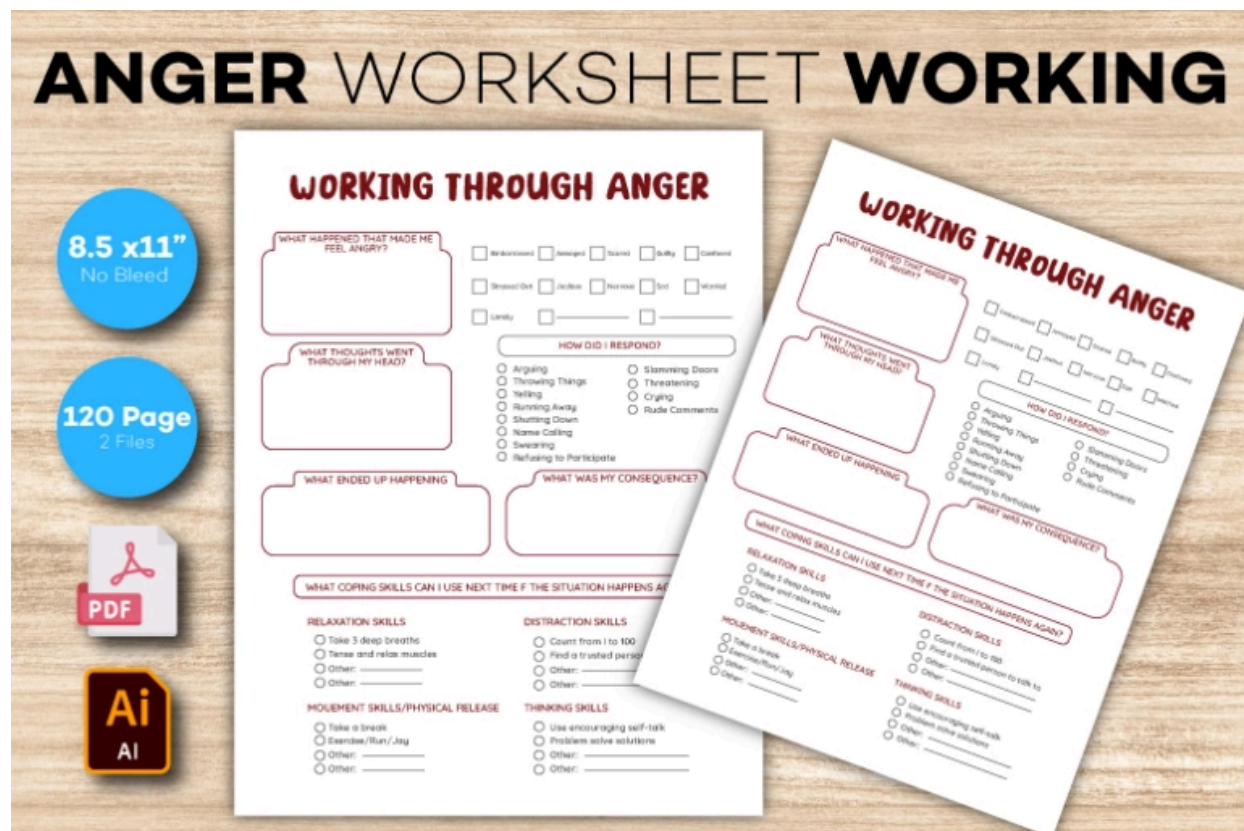
nervous system, promoting relaxation and counteracting the physical effects of anger.

## Mental Awareness:

- **Increased Self-Awareness:** Meditation cultivates present-moment awareness, allowing you to recognize the physical signs of anger as they arise. This awareness gives you a chance to pause and respond consciously, rather than reacting impulsively.
- **Understanding the Root Cause:** Meditation can help you identify underlying thoughts or situations that trigger your anger. By understanding these triggers, you can develop healthier coping mechanisms.
- **Acceptance and Detachment:** Meditation teaches acceptance of emotions, including anger. You learn that anger is simply a feeling, and it doesn't have to control you. With practice, you can observe your anger without judgment and choose a more mindful response.

Overall, yoga and meditation can equip you with the skills to manage anger effectively. By calming your body and focusing your mind, you can respond to situations with greater clarity and control.

[FREE download of Anger worksheets](#)



<https://rb.gy/ngcqfs>

**Physical release with anger and reduced tension refers to the process of using physical activity to manage anger and lessen the physical tightness that often accompanies it. Here's a breakdown:**

- **Anger:** When we feel angry, our bodies experience a surge of hormones like adrenaline and cortisol. This prepares us for fight-or-flight, causing muscle tension, increased heart rate, and shallow breathing.
- **Physical Release:** Engaging in physical activity provides a healthy outlet for this pent-up energy. Activities like exercise, yoga poses, or even hitting



a punching bag (safely!) can help release the physical tension associated with anger.

- **Reduced Tension:** As you move your body and release the pent-up energy, the physical tightness associated with anger starts to dissipate. This leaves you feeling calmer and more relaxed.

## Here are some examples of physical release activities that can help reduce tension caused by anger:

- **Exercise:** Going for a run, brisk walk, swimming, or any form of exercise that gets your heart rate up can be a great way to release built-up tension.
- **Yoga:** Certain yoga poses, particularly forward folds, hip openers, and deep stretches, can target areas where anger often manifests as tension (shoulders, back, hips).
- **Mindful Movement:** Practices like Tai Chi or Qigong combine gentle movements with deep breathing, promoting relaxation and emotional balance.
- **Hitting a punching bag:** This can be a great way to physically express your anger in a safe and controlled environment.

**Important Note:** While physical release can be very helpful, it's important to choose an activity that allows you to release your anger healthily. Avoid activities that could lead to injury or aggression towards yourself or others.

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Physical release with anger and nervous system balance refers to using physical activity to manage anger while also bringing your nervous system back into a state of equilibrium.

## Here's a deeper look at the concept:

- **Fight-or-Flight Response:** When we experience anger, our body activates the sympathetic nervous system, which is responsible for the fight-or-flight response. This triggers a cascade of physiological changes like increased heart rate, muscle tension, and shallow breathing to prepare us to confront a threat or flee a dangerous situation.
- **Physical Release:** Engaging in physical activity during anger provides an outlet for the surge of energy and pent-up tension caused by the fight-or-flight response. Activities like exercise, yoga poses, or even mindful movement can help release this built-up energy.
- **Nervous System Balance:** The key here is that specific physical activities can also stimulate the parasympathetic nervous system, which is responsible for our rest-and-digest state. This promotes relaxation and counteracts the effects of the fight-or-flight response. Techniques like deep breathing exercises (pranayama) often incorporated in physical release activities are particularly effective for calming the nervous system.

## Essentially, physical release with anger and nervous system balance is a two-pronged approach:

1. **Releasing pent-up energy and tension** associated with anger through physical activity.
2. **Activating the parasympathetic nervous system** to bring your body back to a calmer state.

## Examples of activities that promote both physical release and nervous system balance:

- **Yoga:** Many yoga poses target areas where anger manifests as tension. Additionally, the deep breathing exercises (pranayama) practiced in yoga directly stimulate the parasympathetic nervous system.

- **Mindful Movement Practices:** Practices like Tai Chi or Qigong combine gentle movements with deep breathing, promoting relaxation and emotional balance.
- **Moderate-intensity exercise:** Activities like brisk walking, swimming, or cycling can help release energy while also promoting relaxation through improved blood flow and oxygen delivery.

By engaging in these activities, you can effectively manage anger by releasing physical tension and calming your nervous system, promoting a more balanced and healthy emotional state.

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Mental awareness with anger and increased self-awareness refers to the ability to recognize and understand your emotional state, particularly anger, in a clear and objective way. This self-awareness empowers you to manage your anger more effectively. Here's a breakdown of the concept:

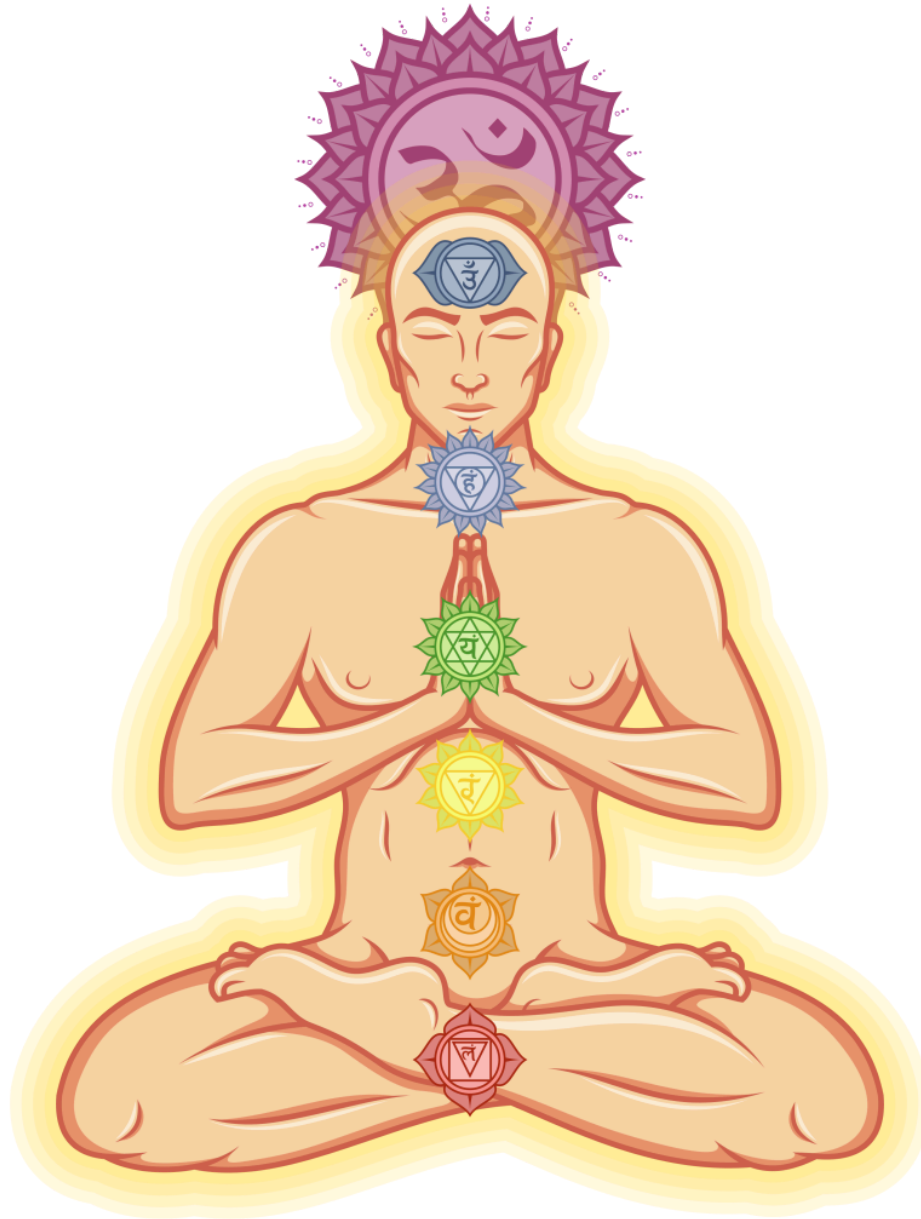
**Anger and Lack of Awareness:** Often, anger builds up without us realizing it. We might react impulsively or feel overwhelmed by the emotion before we even understand why we're angry. This lack of awareness can lead to unhealthy expressions of anger, like yelling or lashing out.

**Increased Self-Awareness:** This is the key to managing anger effectively. It involves being able to identify the physical and mental signs of anger as they arise. These signs can include:

- **Physical:** Increased heart rate, muscle tension, sweating, shallow breathing
- **Mental:** Racing thoughts, feeling on edge, irritability, negativity

**Benefits of Increased Self-Awareness:** When you're more aware of your anger triggers and early warning signs, you can take steps to calm yourself down before reacting impulsively. This allows you to:

- **Choose Your Response:** Instead of being controlled by your anger, you can choose a more mindful and constructive response to the situation.
- **Identify Underlying Emotions:** Sometimes anger is a secondary emotion masking a deeper feeling like hurt, frustration, or fear. Increased self-awareness can help you identify these underlying emotions and address them directly.
- **Develop Coping Mechanisms:** With self-awareness, you can develop healthy coping mechanisms to deal with anger in a productive way. Techniques like deep breathing, positive self-talk, or taking a time-out can be helpful.



## How to Increase Self-Awareness with Anger:

- **Mindfulness Practices:** Practices like meditation can help you become more aware of your thoughts and emotions in the present moment. This allows you to observe anger as it arises without getting caught up in it.
- **Journaling:** Keeping a journal can be a helpful tool for reflecting on your emotions, including anger. By writing down your thoughts and feelings, you can gain insights into your anger triggers and patterns.
- **Pay Attention to Your Body:** When you start to feel angry, pay attention to the physical sensations in your body. This can be a crucial early warning sign that lets you know it's time to take a step back and calm down.



By cultivating increased self-awareness with anger, you gain the power to manage this emotion in a healthier way, leading to more positive and productive interactions with yourself and others.

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Mental awareness with anger and understanding the root cause refers to delving deeper than just recognizing you're angry. It's about using your self-awareness to explore the underlying reasons why you're feeling that anger. Here's a breakdown:

**Anger as a Symptom:** Often, anger isn't the core issue; it's a symptom of something else. Just like a fever might indicate an infection, anger can signal other emotions simmering beneath the surface.

**Understanding the Root Cause:** By examining your anger, you can try to identify the root cause, the deeper emotion triggering your anger. This could be:

- **Frustration:** Maybe you're angry because you're stuck in traffic and feel powerless over the situation.
- **Fear:** Perhaps someone criticizes your work, and the anger stems from a fear of inadequacy.
- **Hurt:** A friend cancels plans, and your anger masks feelings of rejection or sadness.

## Benefits of Understanding the Root Cause: When you understand the root cause of your anger, you can:

- **Address the Core Issue:** Instead of just managing the anger itself, you can address the underlying emotion directly. This leads to a more sustainable solution.
- **Develop Targeted Coping Mechanisms:** Knowing the root cause allows you to develop coping mechanisms tailored to that specific emotion. For example, if frustration is the trigger, practicing patience techniques might be helpful.
- **Build Emotional Intelligence:** By understanding your own emotions better, you can develop greater emotional intelligence, which allows you to manage your emotions effectively and navigate relationships more skillfully.

## Techniques to Understand the Root Cause:

- **Journaling:** Reflecting on your anger in a journal can help you identify patterns and connect your anger to specific situations or triggers. Ask yourself questions like “What events or situations typically lead to my anger?” or “What emotions might be underlying my anger?”
- **Talk Therapy:** A therapist can provide a safe space to explore your emotions and help you identify the root cause of your anger. They can also teach you techniques for managing your emotions and communicating effectively.
- **Mindfulness Practices:** Meditation can help you become more aware of your thoughts and emotions as they arise. By observing your anger without judgment, you might discover the underlying emotions that are fueling it.

Understanding the root cause of your anger takes time and self-compassion. However, by putting in the effort, you can

gain valuable insights into your emotional landscape and develop healthier ways to manage your anger.

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## Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](https://dharmaseedsyoga.wordpress.com/control/), our guidance on using Yoga for mental health purposes.

<https://dharmaseedsyoga.wordpress.com/control/>

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# Quiet & YOUR MIND LISTEN TO YOUR Soul

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**Meditation**

# Meditation Prompts for Anger and Mental Awareness:

## 1. Body Scan for Anger:

- Get comfortable in a seated position. Close your eyes and take a few deep breaths.
- Begin by focusing on your body. Scan each part, starting from your toes and working your way up. Notice any areas of tension or tightness.
- When you find tension, ask yourself: “Is this tension related to anger?” Observe the sensation of anger without judgment.
- Breathe deeply and slowly, imagining the tension releasing with each exhale.
- Continue scanning your body, focusing on releasing any anger-related tension you encounter.

## 2. Observing the Anger Wave:

- Sit comfortably and take a few deep breaths. Imagine yourself standing on a beach, watching the waves come in and out.
- When you feel a wave of anger arise, visualize it as a wave crashing on the shore. Observe the wave objectively, noticing its size, intensity, and color (if it has one).
- Don't try to fight the wave; allow it to wash over you. As you breathe deeply, visualize the wave receding back into the ocean, taking your anger with it.
- Repeat this process with each wave of anger that arises.

## 3. Identifying the Root Cause:

- Sit comfortably and take a few deep breaths. Focus on a recent situation that triggered your anger.

- Ask yourself: “What thoughts or feelings were present before the anger?” Notice if there are any underlying emotions like fear, hurt, or frustration.
- Acknowledge these underlying emotions without judgment.
- Spend some time exploring these emotions and why they might be present.

## 4. Labeling Your Anger:

- Find a comfortable position and take a few deep breaths. Notice any sensations of anger in your body.
- Silently label the anger in your mind: “This is anger.” Repeat this label as needed.
- By simply labeling your anger, you create a space between yourself and the emotion. This allows you to observe it objectively and detach from being controlled by it.

## 5. Cultivating Compassion:

- Sit comfortably and take a few deep breaths. Imagine yourself feeling angry.
- Now, imagine someone you care about feeling the same anger. Send them feelings of compassion and understanding.
- Notice how this shift in perspective affects your own anger. Can you cultivate some self-compassion for your own experience with anger?

**Remember:** These are just prompts; feel free to adapt them to your needs and experiences. Consistency is key, so try to practice meditation regularly for optimal results.

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## Resources



# BODY SCAN MEDITATION

1

Sit in a comfortable chair in a dimly lit room.

2

Imagine the outline of your body and slowly trace it in your head.

3

Observe the amount of pressure you're feeling against the chair.

4

Where there is more pressure and where there is less. Be mindful.

5

Start with your head. Work down to your feet. Then back up the other side of your body.

6

Take about five minutes for this exercise.

- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
- **The National Center for PTSD:** <https://www.ptsd.va.gov/>
- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>

- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)** <https://www.intherooms.com/home/>
- **National Institute of Mental Health:** <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **Attention Deficit Disorder Association:** <https://add.org/>
- **American Academy of Child and Adolescent Psychiatry:** <https://www.aacap.org/>
- **StopBullying.gov:** <https://www.stopbullying.gov/>
- **The National Bullying Prevention Center:** <https://www.pacer.org/bullying/>
- **The Trevor Project:** <https://www.thetrevorproject.org/>
- **The National Institute of Mental Health:** <https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/index.shtml>
- **The National Autism Association:** <https://www.autismspeaks.org/>
- **The Learning Disabilities Association of America:** <https://ldaamerica.org/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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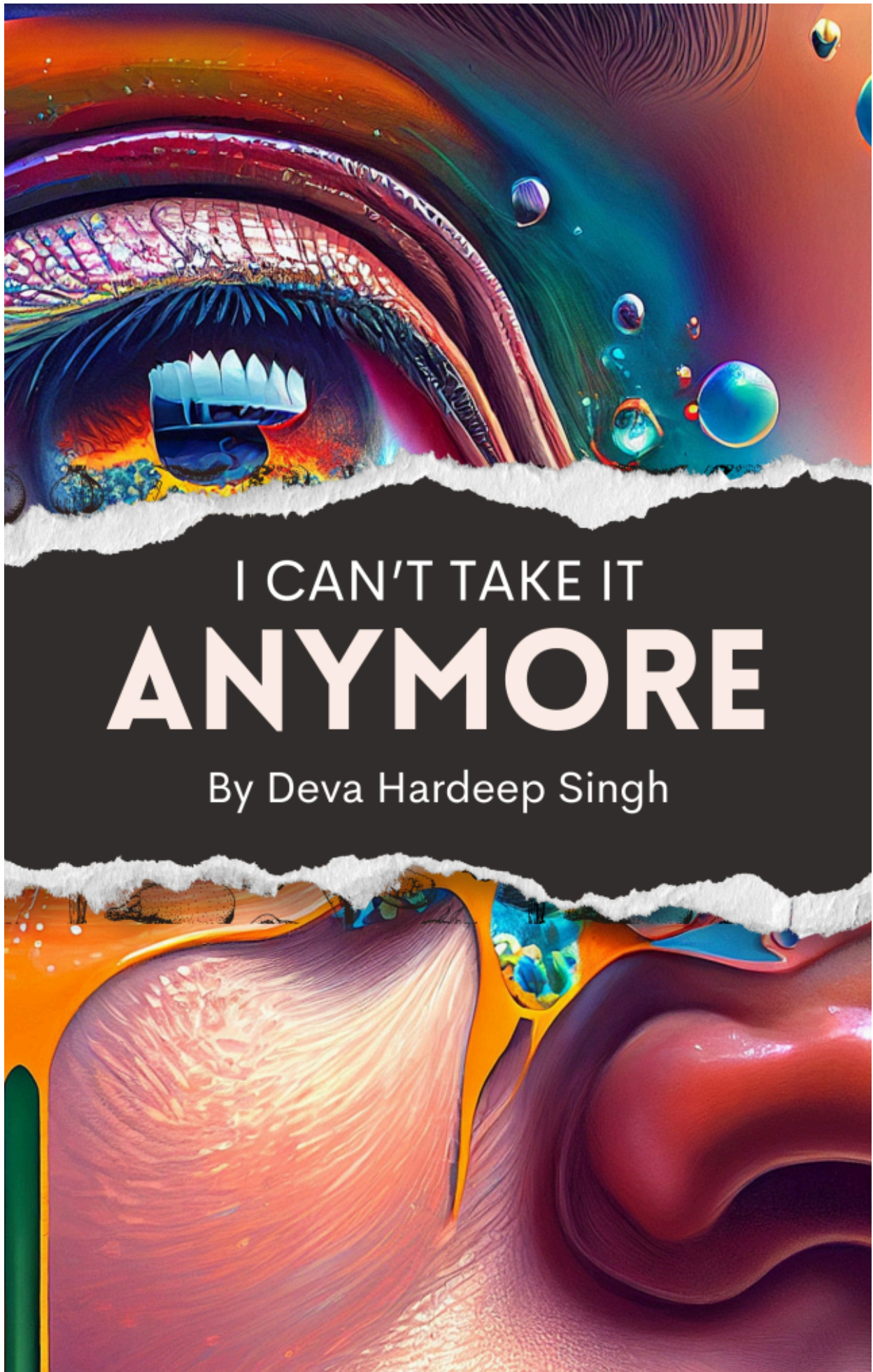
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# I CAN'T TAKE IT **ANYMORE**

By Deva Hardeep Singh

## Now For Sale

Finding Light When You Feel Down This book offers a roadmap to navigate challenges and find inner peace. It starts by acknowledging moments when you feel low, as captured in “He’s Down and Not Responding” (pg. 4). This initial recognition is crucial for moving forward. The following sections offer tools for personal growth. “The Divine Feminine is the source of our creativity and intuition” (pg. 13) suggests tapping into this inner wellspring for guidance and inspiration. Similarly, “GET OUT in Nature” (pg. 24) highlights the restorative power of spending time outdoors. Immersing yourself in nature can be a powerful way to reconnect with yourself and find clarity. The journey to inner peace also involves self-reflection and letting go. “Laying your actions at the feet of God” (pg. 33) encourages surrender and acceptance, while “Addressing the elephant in the room... Burnout” (pg. 39) tackles a prevalent issue in our fast-paced world. Recognizing and addressing burnout is essential for reclaiming your well-being. This is a true story written by a disabled guy. Helping you see past your own limitations.

[New Book just published](#)

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BEST SELLER BOOK

# 2024 ADHD PLANNER



DEVA HARDEEP SINGH

DHARMA SEEDS YOGA PRESS

## NOW FOR SALE

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a comprehensive resource for people with ADHD who are looking to improve their mindfulness skills. The planner includes a variety of activities and exercises, such as mindful breathing, body scans, and journaling prompts. It also includes space to track your progress and to set goals.

The planner is designed to be accessible and user-friendly. The activities are written in a clear and concise way, and the planner includes plenty of space to write down your thoughts and feelings. The planner is also visually appealing, with calming illustrations and a soothing color scheme.

The Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a valuable tool for anyone who wants to improve their mindfulness skills. It is a helpful resource for people with ADHD who are looking to manage their symptoms, improve their focus, and reduce stress.

Here are some of the features of the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner: ·

- Mindfulness activities and exercises: The planner includes a variety of mindfulness activities and exercises, such as mindful breathing, body

scans, and journaling prompts. These activities are designed to help you develop your mindfulness skills and to improve your overall well-being. ·

- Goal-setting: The planner includes space to set goals for yourself. This can help you to stay motivated and to track your progress over time.
- Progress tracking: The planner includes space to track your progress on your mindfulness journey. This can help you to see how far you have come and to identify areas where you need to improve.
- Calming illustrations: The planner includes calming illustrations that can help you to relax and to focus. · Soothing color scheme: The planner has a soothing color scheme that can help you to feel calm and relaxed.

If you are looking for a comprehensive and user-friendly mindfulness planner, the Dharma Seeds Yoga Press 2024 ADHD Mindfulness Planner is a great option. It is a valuable resource for anyone who wants to improve their mindfulness skills and to manage their ADHD symptoms.

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# MINDFULNESS WORKBOOK

DEVA HARDEEP SINGH  
DHARMA SEEDS YOGA

## NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular

practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

### The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

**Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury)** is an Oklahoman, a **Yuchi Indian**, enrolled in the **Muscogee Nation**, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the **Hulu/FX Series Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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